

## Midlife opportunity: move more!



For many people, a midlife crisis doesn't involve a sports car or vast amounts of hair dye, but the couch or a comfortable chair. In the first large scale study of how exercise habits change with age, researchers found that activity levels among adults ages 38 to 50 tend to drop by an average of a half hour a day over the course of a decade. Unfortunately, that half hour is typically replaced with something sedentary. But here's the flip side: Mid-life is a fantastic time to rev up your movement mojo, and thereby up your chances of good health for years to come. If you've slid into Couch Potato Land, don't panic — you are not in quicksand! But you do need to harness your resources and make a realistic plan. Think about where your movement opportunities lie, and build as much activity as you can into your routine.

Can you walk or bike to work or to the grocery store? If you have young children, can you walk them to school or activities instead of driving? How about setting aside weekend or evening time for strolls, hikes, or tennis games with a friend? And you may be tired of hearing advice to take the stairs instead of the elevator, but daily habits like that can make a difference over time.

**Formal exercise, neighborhood strolls, yard work, dancing around the house in your pajamas — it all counts, and it's all good medicine.**